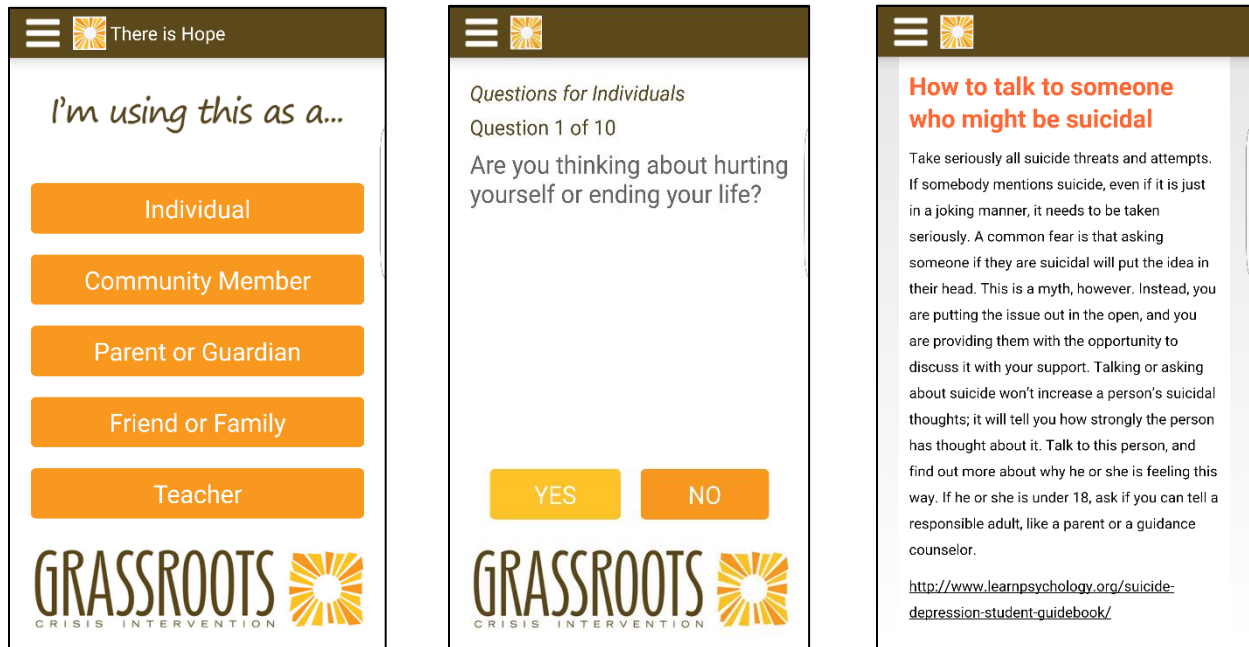


Maryland Department of Health and Mental Hygiene/Grassroots Crisis Intervention

“There Is Hope”

Suicide Prevention Smart Phone App for Maryland



The 'There is Hope' app provides fast and easy access to crisis intervention and suicide prevention support. We are here to provide the next steps for someone struggling with taking their life or for those concerned about suicidal thoughts in others. This app will help determine the steps needed to save your or someone else's life.

You'll find lots of valuable information including; safety planning, warning signs, risk factors, tips on how to talk to someone who is suicidal, info about trainings to increase suicide prevention skills, and more.

Features also include an immediate connection to crisis counselors who will deliver help and hope for preventing suicide.

**Currently available in the Apple Appstore and Android Google Play.
Download Now! #LifeMatters**